

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





ATX 353  
 .245  
 Reserve

# A Daily Food Guide

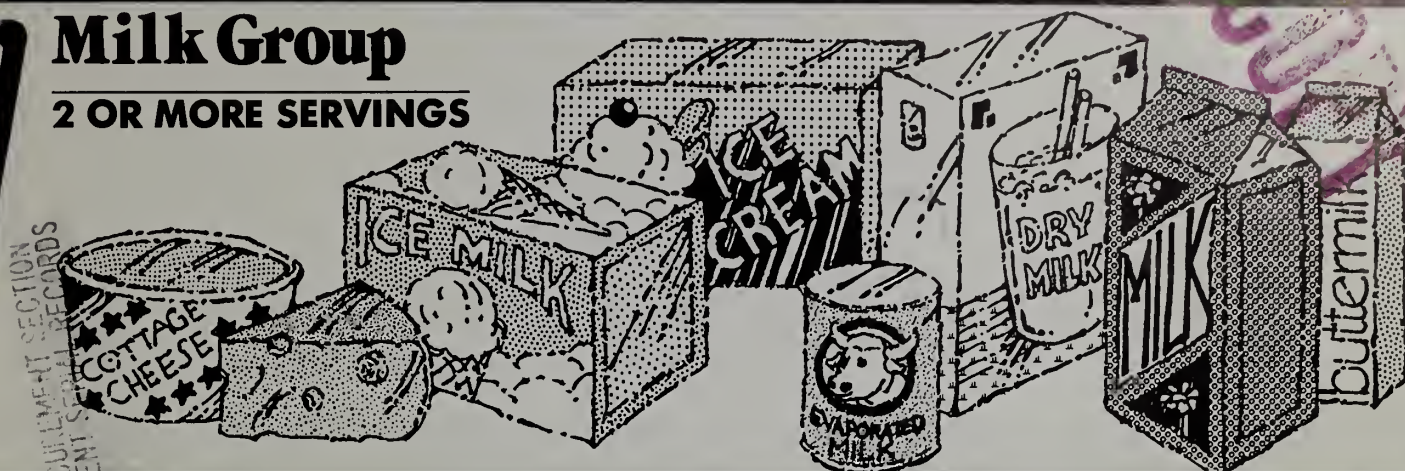
SOME CHOICES FOR THRIFTY FAMILIES

EVERY DAY EAT FOODS FROM EACH OF THE FOUR FOOD GROUPS



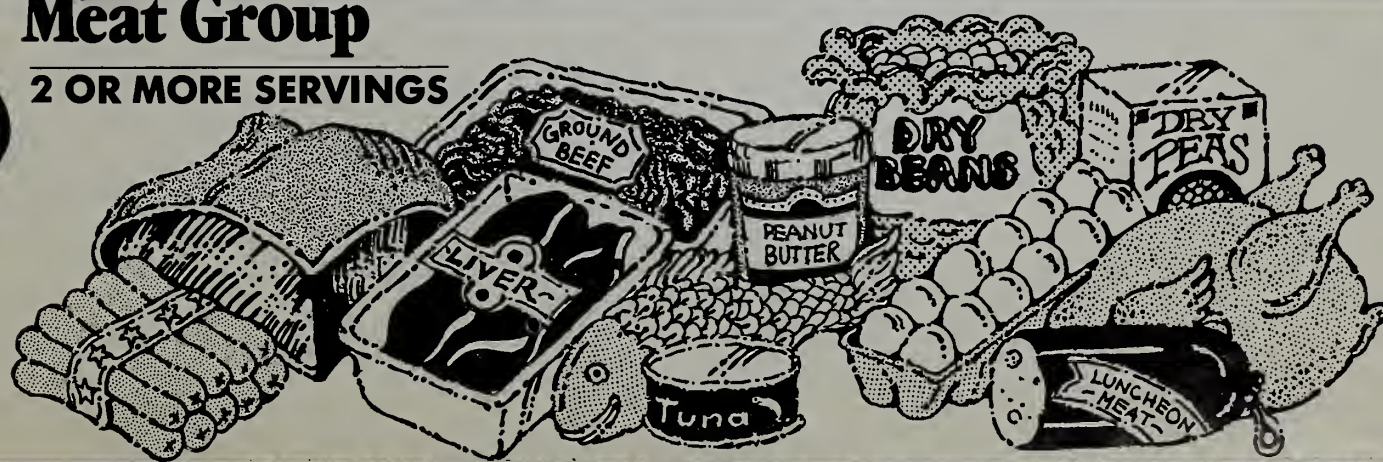
## Milk Group

2 OR MORE SERVINGS



## Meat Group

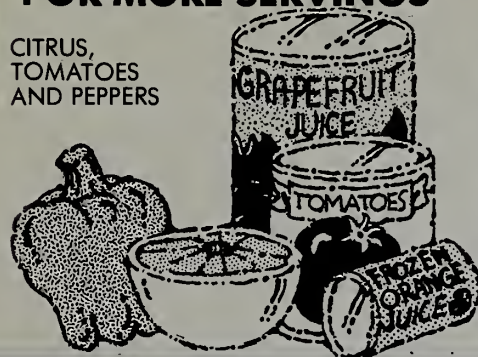
2 OR MORE SERVINGS



## Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS,  
TOMATOES  
AND PEPPERS



DEEP YELLOW

OTHERS



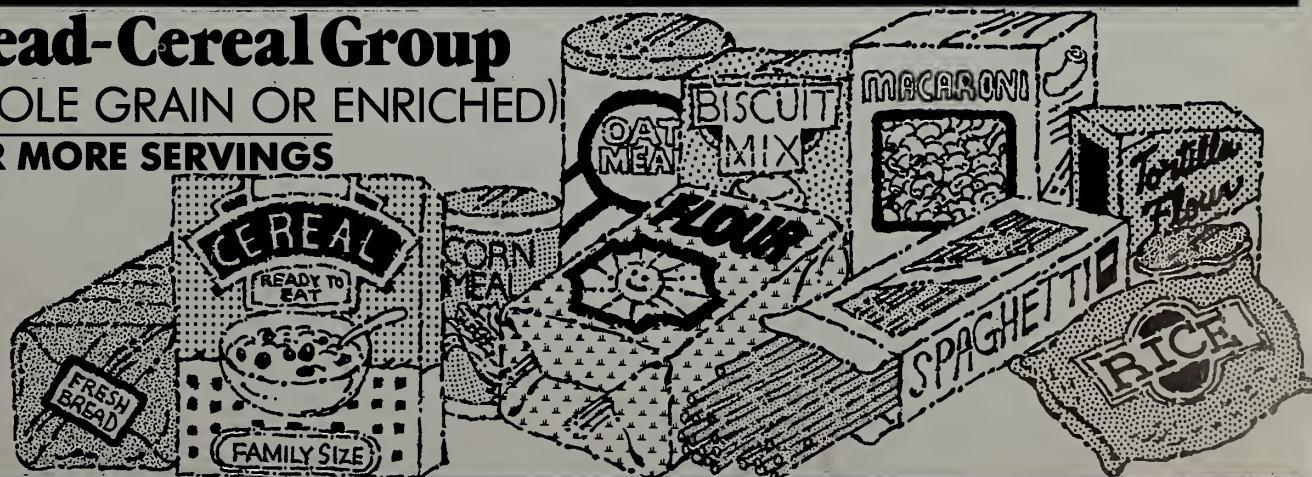
DARK GREEN



## Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS



CHOOSE EXTRA SERVINGS  
 FROM THE FOUR FOOD GROUPS AND,  
 AS NEEDED, OTHER FOODS SUCH AS BUTTER OR MARGARINE,  
 SALAD DRESSINGS AND OILS, AND JAMS AND JELLIES  
 TO ROUND OUT MEALS.



# How to Count Daily Servings

FOLLOW THE FOOD GUIDE EVERY DAY!



## Milk Group

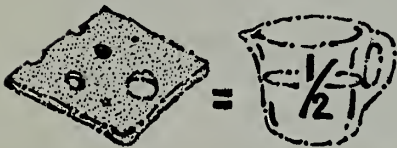
**COUNT AS A SERVING**  
**1 CUP OF MILK**

CHEESE CAN BE USED  
IN PLACE OF MILK  
PART OF THE TIME.

COUNT MILK YOU  
DRINK AND MILK  
IN FOOD YOU EAT.

1 OUNCE  
CHEESE

MILK



**THIS CHART SHOWS THE  
NUMBER OF SERVINGS  
EACH DAY FOR:**

CHILDREN UNDER 9 TO

CHILDREN 9-12 OR MORE

TEENAGERS OR MORE

ADULTS OR MORE

PREGNANT  
WOMEN OR MORE

NURSING  
MOTHERS OR MORE



## Meat Group

2 OR MORE SERVINGS

**COUNT AS A SERVING: \***  
**2 OUNCES OF COOKED  
LEAN MEAT, POULTRY,  
OR FISH, SUCH AS —**

A PIECE OF FISH A HAMBURGER PATTY



**YOU CAN USE IN PLACE OF  
1/2 SERVING OF MEAT:**

OR 2 TABLESPOONS



OR 1 OUNCE CHEESE†



OR 1 EGG



## Vegetable-Fruit Group

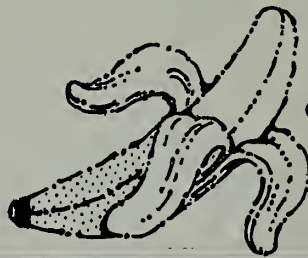
4 OR MORE SERVINGS

**COUNT AS A SERVING: \***

**OR 1 PORTION, SUCH AS —**



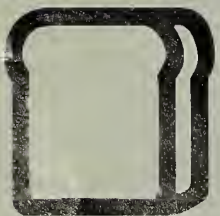
VEGETABLE OR FRUIT  
(RAW OR COOKED)



OR



OR

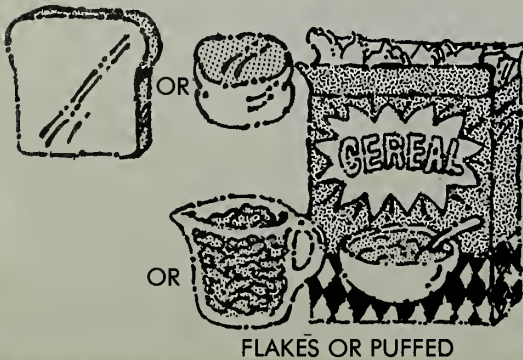


## Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS

**COUNT AS A SERVING:**



OR

FLAKES OR PUFFED



OR



OR 1/2 TO 3/4 CUP OF COOKED

\* SERVING SIZES MAY BE SMALLER FOR YOUNG CHILDREN.

† WHERE CHEESE IS USED IN PLACE OF MEAT, IT CANNOT BE USED IN PLACE OF MILK. (SEE MILK GROUP)